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Calgary metro

METRO FOCUS ON ACTIVISM!

Right flips the activism script on the left
metroVIEWS
Plus On the front lines of a global crisis
metroLIFE

Your essential daily news | TUESDAY, JANUARY 17, 2017
High 6°C/Low 0°C Partly cloudy

Three killed over a 'petty grudge'

Crown claims pump patent Garland's motive for murder

Nathan O'Brien

Kathy Liknes

Alvin Liknes

Lucie Edwardson
Metro | Calgary

A dispute over a pump patent is the likely motive for the killing of a Calgary couple and their grandson, the Crown prosecutor told a jury Monday morning.

Douglas Garland, 56, is charged with three counts of first-degree murder in the deaths of Nathan O'Brien and Alvin and Kathy Liknes in June 2014. He pleaded not guilty to all three counts Monday.

In an opening statement, Crown prosecutor Vicki Faulkner said the murders were a result of a "petty grudge" held by Garland against the Likneses, stemming from a patent filed by Alvin for a pump.

"A pump that never made any real money, a pump that didn't make anyone famous," said Faulkner.

The Crown alleges that Garland meticulously planned the murders of Alvin and Kathy Liknes, and that five-year-old Nathan O'Brien was tragic collateral damage after staying at his grandparents' for an "impromptu sleepover."

It's alleged that Garland eventually acted on his grudge, after compiling in-depth research on the Liknes couple as well as torture methods and how to kill without emotion.

"A plan that stopped all footprints of life of Alvin, Kathryn and Nathan," said Faulkner.

Nathan's mother, Jennifer O'Brien, took the stand Monday describing her son as an active little boy who loved superheroes, and her mother as her "best friend."

She said she discovered the bloody murder scene when she returned to her parents' home on June 30, 2014 to pick up her son.

"My family's been murdered and he's taken the bodies," she told her husband before calling police. They told her to lock herself in the car for fear someone might still be in the home.

Their bodies were never found, but the court heard Monday that DNA from all three was discovered at Garland's family farm, including pieces of bones and a tooth in a burn barrel.

Allen Liknes, Alvin's son, took the stand second. During his testimony it was established that he and his father worked on a natural-gas pump with Garland.

According to Allen, Garland was fired by Alvin in 2007 after their working relationship turned sour and Garland failed to help Alvin with a project.

At first, Allen said he never suspected Garland as he thought of him as non-confrontational.

"If anything he's sneaky," he said. It wasn't until he saw a photo of the rusted green Ford F150 that he pointed police in Garland's direction.

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Clara Hughes

*Mobile calls, long distance calls and text messages must be made and sent by a subscriber. Regular charges apply.

metro NEWS

Your essential daily news

Canadian embassy in D.C. to serve up national cuisine for Trump's inauguration. **World**

The Calgary Community Choice Awards want your picks for 2017

METRO CALGARY COMMUNITY CHOICE

Nominate your favourite local 'hidden gems'

It's back!

After thousands of 2016 nominations and even more votes for your Calgary favourites, Calgary Community Choice Awards is ready to roll for 2017.

Everyone has that favourite go-to place, whether it's a hair-stylist where the conversation is great and the hairdos are better, an auto repair shop that gives you the straight goods and exceptional service or a simple, cozy place to grab a great cuppa Joe.

Once again, we're asking you to share those places with others! After all, they deserve some recognition.

"We created the Community Choice program to allow Calgarians to speak to each other and find hidden gems. We weren't sure what to expect last year, but the response was incredible and I can't wait for this year's results," said Steve Shrout, VP of Sales for Metro English Canada.

You can participate through our very own Metro Calgary Community Choice Awards online portal. It allows you to tell us about amazing Calgary businesses and then let the community vote them to the top. There's nothing better than word of mouth to help give a boost to some of your favourite Calgary businesses.

The Metro Community Choice Awards covered 92 categories in 2016, with 3,300 nominated businesses, so readers will not only see Calgary companies in the spotlight, but great recommendations are at their fingertips if they're looking for something in particular to suit their needs. Last year, more than 11,000 votes were cast!

Metro will bring you the results of our reader-driven awards in special editions scheduled for later in 2017.

HAVE A SAY

- Nominate a Calgary business you think deserves the limelight and then vote at MetroCommunityChoice.com

Best Happy Hour— Tenth Street Landing Gastropub

"It's about Wednesdays and wings – they have one of the best ones in town. It's causal and friendly, I always feel welcome."

Cheryl Joynd

Best Weekend Brunch — Diner Deluxe in Bridgeland

"It's a really cool neighbourhood and the food's great. The breakfast poutine and stuffed French toast are really good."

Callen Strang

Best Food Truck for the Winter – Red Wagon Diner

"I love the smoked meat sandwich, it's just delicious. It's warm so it's good for winter – you have some hot mustard, and there you go."

Aidan Campbell

Best Clothing Shop – Danielle's Consignment Boutique

"They have higher-end designer clothes that come in, and the accessories are great. It's really hipster-chic."

Oliva Awe

COMMUNITY

Notorious property closed

The Safer Communities and Neighbourhoods (SCAN) unit has shuttered a Calgary property with a troubled history — for now.

The home, at 625 - 27 Avenue NE, was boarded up and fenced off after SCAN issued a Community Safety Order (CSO) against the property owner, which prevents anyone from accessing the property for 90 days.

SCAN began investigating the property in May 2016 after repeated complaints of suspected drug activity. Calgary police visited the location 30 times in 2016, issuing search warrants on two occasions. The warrants turned up five stolen firearms, including a loaded handgun, and a large quantity of fentanyl pills, ecstasy, marijuana and stolen property valued at more than $150,000. METRO

COURT

Dad disappointed in sentences for son's killers

The father of 18-year-old Lukas Strasser-Hird who was killed by a group of people in 2013 is unhappy with the sentencing of the three men convicted. Assmar Shlah and Franz Cabrera were both sentenced Monday to life in prison with no chance of parole for 12 and 15 years respectively. Joch Pouk was convicted of manslaughter and sentenced to seven years in jail. THE CANADIAN PRESS

Calgarian flees bullets as five die in shooting

ATTACK

Loved Toronto bouncer among victims at Mexico club

Helen Pike
Metro | Calgary

Gunshots, and sparks are vivid memories for one Calgarian, now landed safe in Canada after a night of pounding electronic music turned into a terrifying massacre.

Five people reportedly died and 15 more were injured after a lone shooter outside the Blue Parrot nightclub in Playa Del Carmen opened fire on the venue early Monday morning. Among the dead, according to a statement from the BPM Festival, were three members of the security team, trying to keep revellers safe inside.

Aleks Samardzija, from Calgary, was inside the club, and said he was feet away from the gunfire. He said his friend rushed to hide behind a wooden couch after hearing gunshots, seeing the red glow of bullets, and smelling gun powder.

For approximately fifteen minutes that's where he stayed, watching as other people "booked it" out of the club, some frantically jumping over each other to find a way out. Then, slowly, he said police came into the building, guns drawn.

A policeman stands guard outside the Blue Parrot club, where several people were killed in early morning gunfire, in Playa del Carmen, Mexico. THE ASSOCIATED PRESS

"We laid low," Samardzija said. "We literally had to jump over a dead body to get out the door."

He and a group of 10 friends are regulars to the festival. They meet up each year to enjoy the music, but Samardzija said he may be taking a year away from the festival.

"We just laid low and tried to be safe, we were all covering each other," Samardzija said. "It feels good to be home, I'm in a safe place now."

State Attorney General Miguel Angel Pech ruled out any terror attack, but said the shooting erupted when festival security personnel tried to stop a man from entering the club with a gun.

State officials said the dead included two Canadians, an Italian and a Colombian. The gunman apparently fled.

Kirk Wilson, identified in Mexican reports as among five people killed, was a fixture of the Toronto nightclub scene, serving as a bouncer for years.

Longtime friend Neil Forester said Wilson was working security at the annual BPM Festival and was one of several people from the Toronto area lending a hand to the festival's Canadian organizers.

"He was just a genuine, one-of-a-kind guy," said Forester, who described Wilson as having no ego and no attitude. "He was the first guy you called whenever you needed something."

WITH FILES FROM THE CANADIAN PRESS

NEIGHBOURHOODS

Angled parking fix urged

Cul-de-sac living has come to a boil in the past few months, as city parking bylaw officers clamped down on angled parking in the rounded street ends.

But Coun. Shane Keating is hoping administration can tackle the issue from another angle.

"I'm trying to sort out what can be done, rather than just saying we can't park there," said Keating. "It's kind of gone down to a neighbourhood dispute, rather than an issue of real parking as a complaint comes in."

Last year, a number of angled-parking ticketing incidents made headlines when officers hit cars that had been parking in the oddly-shaped streets for years.

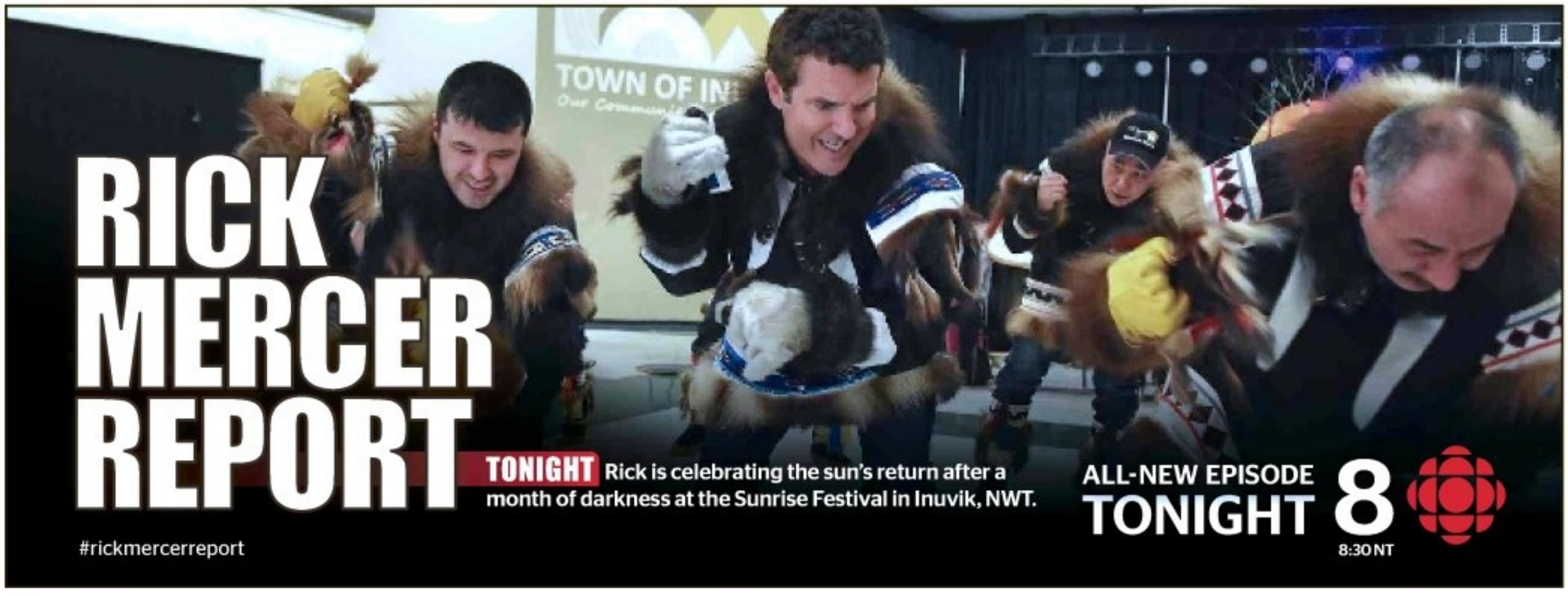
"There are cul-de-sacs that would allow for angled parking without question," said Keating. "Could we have a process similar to speed limits, where we can change the speed limits as long as it's signed."

The councillor noted the process could include a petition by residents, cost for putting up signs and remove disputes.

The city's bylaw only allows angled parking where signs indicate. This mirrors the province's bylaw that states you must park parallel to the curb.

Transportation boss Mac Logan said the city is guided by legal and practical circumstances when it comes to parking infractions. He said there are 2,500 cul-de-sacs in the city, some are small and can't accommodate angled parking.

HELEN PIKE/METRO



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Hey Winnipeg squirrels, that food is for the birds

Stephanie Taylor
Metro | Winnipeg

A Winnipeg woman is allowed to keep a bird feeder in her backyard — as long as she keeps it clean.

Debra Belcourt appeared before Monday's meeting of the protection, community services and parks committee to appeal a violation order issued by the city.

The order states Belcourt is in violation of the Neighbourhood Livability Bylaw by keeping her yard in an unsanitary condition, due in part to the presence of a feeder that is said to attract many squirrels and mice.

Belcourt told Monday's committee the bylaw officer who inspected her property last November mischaracterized the structure as a squirrel feeder, when in fact it was purchased at a speciality store and is intended for wild birds.

Nature groups working to end hunting of turtles

Adam Kveton
For Metro | Ottawa

They're big, they bite and they're at risk, but you can still hunt them in Ontario.

A local group says that could spell the end for snapping turtles.

And while the province is looking into restricting the hunt, local nature groups are hoping to do away with it entirely.

Local ecologist David Seburn, who prepared the Ottawa Field-Naturalists' Club's submission to the environmental registry, said the province's interest in continuing the hunt is "not based on science."

Seburn says the hunt is not sustainable due to things like habitat reduction and road kill rates, as well as the way snapping turtles breed.

It takes about 20 years before they can give birth, and when they do, their nests are often raided by predators, said Seburn.

Trudeau trip to be probed

ETHICS

Watchdog to investigate use of Aga Khan's helicopter

Justin Trudeau and Aga Khan in May 2016. SEAN KILPATRICK/THE CANADIAN PRESS

Canada's ethics watchdog plans to take a closer look at Justin Trudeau's recent family holiday at the Aga Khan's private island in the Bahamas, fanning the flames of a controversy the government has so far been unable to snuff out.

Trudeau's holiday with the Aga Khan — a family friend, noted philanthropist and hereditary spiritual leader to the world's approximately 15 million Ismaili Muslims — bears closer scrutiny, ethics commissioner Mary Dawson confirmed Monday.

In a letter to Blaine Calkins, one of two Conservative MPs who filed formal complaints, Dawson said she will examine both Trudeau's stay at the island and his use of the Aga Khan's private helicopter to get there.

Dawson wrote that she has "commenced an investigation" to determine if Trudeau broke two sections of federal ethics laws "in connection with his recent stay at and travel to the Aga Khan's privately owned island."

The vacation included Trudeau, his wife and three kids, Liberal MP Seamus O'Regan and Liberal party president Anna Gainey, all of whom took part in helicopter flights between the capital city of Nassau and the secluded island.

Though not a registered lobbyist, the Aga Khan is on the board of directors of the Aga Khan Foundation, which receives tens of millions of dollars in government contributions to international development projects.

"The ethics commissioner is quite right to investigate this," Conservative MP John Brassard said in an interview.

Such potential violations of ethics rules and laws raise questions about whether government spending decisions could ultimately be influenced, he added.

"This is one example where the rules ... have potentially been broken," Brassard said. "What other rules have been broken that Canadians aren't aware of? If you do it once, they can certainly do it again. Canadians need to be mindful of this." THE CANADIAN PRESS

IN BRIEF

Home sales rebound

Home sales are not going to be as big of a boost to the Canadian economy this year as they were in 2016, the Canadian Real Estate Association said Monday as it released its latest batch of figures.

The real estate association says home sales were up 2.2 per cent in December from the previous month, rebounding partially from a big drop following the introduction of new mortgage rules.

The number of homes trading hands posted the biggest monthly retreat in more than four years from October to November, CREA said.

THE CANADIAN PRESS

Family finds pills in tub of ice cream

Niagara regional police are advising residents to be alert after discovering Advil capsules in a container of ice cream.

Police say they got wind of the issue on Saturday after being called to a home in St. Catharines, Ont.

They say a resident opened a sealed container of Iceberg French Vanilla ice cream and began serving it to family members before discovering about eight pills in the container.

Police later identified the pills as Advil brand ibuprofen gel capsules.

No one ingested the pills found inside the ice cream.

THE CANADIAN PRESS

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Poutine and politics

INAUGURATION

Canada's party at its embassy a hot ticket for U.S. bigwigs

The view of the U.S. Capitol from the Canadian Embassy in Washington on the day Barack Obama took the Oath of Office.
AARON HARRIS/TORSTAR NEWS SERVICE

No, Donald, not Putin. Poutine.

Canada's embassy in Washington, D.C., is celebrating Donald Trump's Friday inauguration with an invitation-only "tailgate" party featuring delectable Canadian cuisine — "including but not limited to poutine, British Columbia salmon, Canadian beef and tourtière," embassy spokeswoman Christine Constantin said in an email.

There might be tasty surprises. The 2013 party for Barack Obama's second inauguration involved Tim Hortons coffee, Molson beer, Crown Royal whisky and BeaverTails.

The embassy shindig is always one of the most sought-after tickets of America's celebration of democracy. Partly because Americans like Canadians, sure, but mostly because of its unsurpassed view of the parade route. The Arthur Erickson building on Pennsylvania Avenue is the only embassy located between the White House and the Capitol.

The party has been held since Bill Clinton's inauguration in 1993, though it hasn't always been a "tailgate." Canadian diplomats this time expect 1,800 guests, including big shots in politics, diplomacy and business. Newt Gingrich, a prominent Trump ally and the former speaker of the House of Representatives, has shown up for three inaugurations in a row.

Most of the guests will hang out in the embassy courtyard and indoor Canada Room and theatre, watching Trump's swearing-in and inaugural address on television screens. The elite among the elite will get to have brunch with Ambassador David MacNaughton on the 6th floor, which offers majestic views of the Capitol.

Like most of official Washington's social events, this one serves a political purpose. Canada's schmoozing with U.S. power brokers may be especially critical at a time when the incoming president is vowing to renegotiate the North American Free Trade Agreement, impose new import taxes, pursue "Buy American, Hire American" economic policy and change the U.S. relationship with its military allies.

"Hosting an event at our embassy gives Canada an excellent opportunity to welcome important guests, further build on our relationships and continue to advance Canada's interests in the United States," Constantin said.

TORSTAR NEWS SERVICE

+ BOYS & BANDS

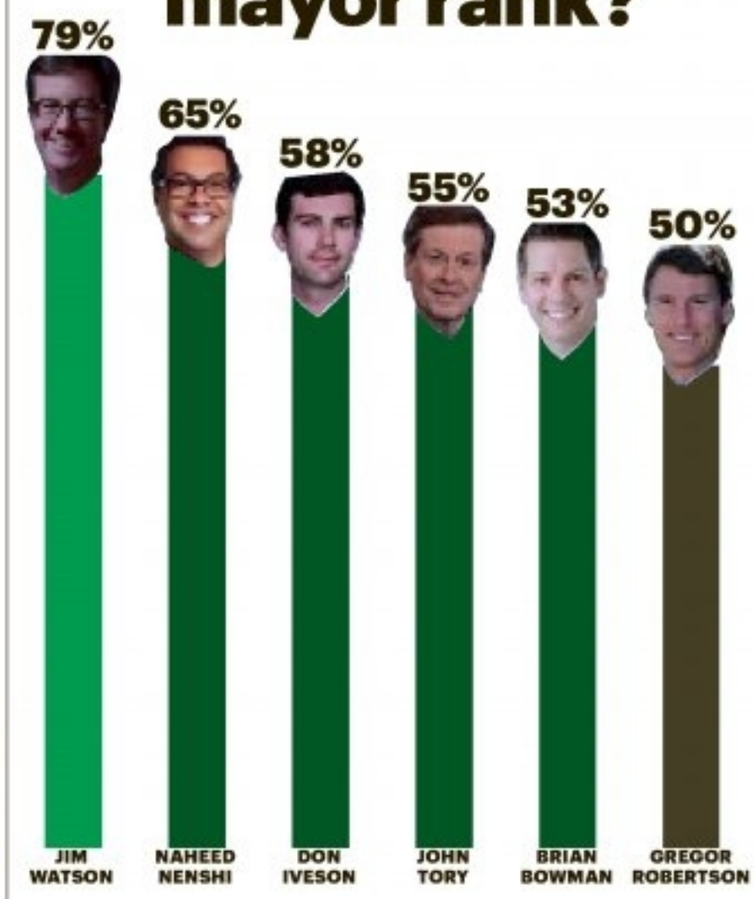
Military bands, Boy Scouts to join parade

Military bands and units from all branches of the service, high school bands and even the Boy Scouts and Girl Scouts will join newly sworn-in President Donald Trump in Friday's Inaugural parade.

More than 8,000 people are expected to follow the new president as he proceeds from the swearing-in ceremony on at the Capitol to the White House. THE ASSOCIATED PRESS

BY THE NUMBERS

How does your mayor rank?



Ottawa's Jim Watson is Canada's most popular mayor when stacked up against the mayors of 10 major Canadian cities, according to a new Mainstreet/Postmedia poll. Here's how Calgary Mayor Naheed Nenshi measures against his counterparts in five other cities.

DATA COURTESY MAINSTREET/POSTMEDIA; GRAPHIC BY ANDRES PLANA/METRO

Istanbul massacre suspect captured

TERRORISM

Nightclub attack killed 39, including one Canadian

A gunman suspected of killing 39 people including a Canadian woman during a New Year's attack on an Istanbul nightclub has been caught in a police operation, Turkish media reports said early Tuesday.

The suspect was captured in a special operations police raid on a house in Istanbul's Esenyurt district, private NTV television reported. The broadcaster said he had been staying in the house belonging to a friend from Kyrgyzstan.

Daesh has claimed responsibility for the nightclub massacre, saying the attack in the first hours of Jan. 1 was in reprisal for Turkish military operations in northern Syria. The man identified as the suspect had been on the run since the attack.

Hurriyet newspaper and other media have identified the gunman as Abdulkadir Masharipov, an Uzbekistan national. The suspect was to undergo medical checks before being taken to police headquarters for questioning, the paper said in its online edition.

The Reina club suspect
DEPO PHOTOS/THE ASSOCIATED PRESS

Dogan news agency published what it said was the first image of the attacker. It showed a bruised, black-haired man in a grey, bloodied shirt being held by his neck. Private NTV television said the gunman had resisted arrest.

NTV reported that the suspect's Kyrgyz friend and three other people also were detained. His four-year-old child, who was with him at the home, was taken into protective custody.

Hurriyet newspaper said the alleged gunman's wife and one-year old daughter were caught in a police operation on Jan. 12.

Police established his whereabouts four or five days ago, but delayed the raid so they could monitor his movements and contacts, NTV reported. THE ASSOCIATED PRESS

GLOBAL DIGEST

NORTHERN IRELAND
Unity government falls
Northern Ireland's shattered unity government will be dissolved next week to make way for an early election demanded by the coalition's main Irish Catholic party, the secretary of state for the British territory announced Monday.

Secretary of State for Northern Ireland James Brokenshire said the election to re-elect the Northern Ireland Assembly would be held March 2, six weeks after its dissolution.

SOUTH KOREA
Samsung scion accused
In a departure from the leniency typically given South Korean big businesses, prosecutors on Monday requested the arrest of the de facto head of Samsung Electronics, the country's most valuable company, in an influence-peddling scandal that has toppled the country's president.

Lee Jae-yong, the vice-chairman at Samsung Electronics, faces allegations of embezzlement, of lying under oath during a parliamentary hearing and of offering a bribe of 43 billion won ($36 million US) to a long-time friend of impeached President Park Geun-hye.

KYRGYZSTAN
Cargo plane crash kills 37
A Turkish cargo plane crashed Monday in a residential area just outside the main airport in Kyrgyzstan, destroying half of a village and killing at least 37 people in the plane and on the ground, the Emergency Situations Ministry said.

The Boeing 747 crashed at 7:40 a.m. local time while approaching Manas airport, south of the capital, Bishkek, in this Central Asian nation. Footage from the scene showed the plane's nose stuck inside a brick house and large chunks of debris scattered around.

NIGERIA
Bombers kill professor, child
Three suicide bombers, including a child, exploded at dawn Monday at Nigeria's northeastern University of Maiduguri, killing a university professor and another child, witnesses and police said. The bombers also died.

One blast ripped through the mosque where professors were saying dawn prayers and at least one is among victims, police and rescue officials said.

The second explosion occurred when police patrolling the back of the university shot a 12-year-old girl strapped with a suicide vest, setting off the explosives.
THE ASSOCIATED PRESS

Drone firm sued over ad

Colin McNeil
Metro | Toronto

If it sounds too good to be true, it probably is.

That old adage is front-and-centre in Silicon Valley this week after the company behind a high-tech robot drone collapsed, leaving customers without the flying gizmo they were promised.

Startup Lily Robotics claimed their tiny black drone could fly unaided and follow you around — for a maximum of 20 minutes — whether you were out for a casual stroll or snowboarding down a mountain.

A promotional video showed the Lily tracking users through snow, wind and water, coming to a rest on their hand when finished, seemingly by magic. An impressive demonstration, except that it was — allegedly — totally fake.

In a newly filed consumer protection lawsuit, the San Francisco District Attorney's office says the footage used to promote Lily was actually filmed entirely with other drones, according to Forbes. The suit alleges that the company intentionally lied to potential customers through the video and calls for a temporary order to prevent the company from conducting business.

VERSUS
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METRO FOCUS ON ACTIVISM!
Your essential daily news
ALL WEEK: COMMENTARY AND IDEAS ON POLITICAL ACTION

VICKY MOCHAMA
ON PROGRESSIVES LOSING THEIR OWN GAME

Direct action is not an exclusively left phenomenon. In fact, it was activism, in various forms, that won the U.S. election for Donald Trump.

With the publicity of activist movements like Idle No More, Black Lives Matter and Occupy Wall Street, it's easy to say that activism failed to win the American election.

In fact, activism elected Donald Trump. Activism, too, will be necessary in the next few years.

After the election of Barack Obama, two ongoing phenomena strengthened in volume and vigour.

First, there was the Republican strategy of engineering the boundaries of electoral districts to its own advantage. Having won governorships and legislatures in key states like Pennsylvania and Michigan after redistricting campaigns, the GOP began winning at the national level where Democrats had usually won or traditionally had a fighting chance.

With millions of dollars in funding, such efforts changed the electoral map. In politics, malfeasance is the name of the game. Done artfully, it's strategy.

This was at time when resistance to the ideas that elected Barack Obama began to coalesce online. In spaces once devoted to gaming and picking up women, men (and some women) shared their frustrations with being alienated by the gains of feminism and identity politics. Thus, they organized.

These activist streams found common cause across the Obama years on issues like abortion, and equal marriage. In Trump, however, the net effect: a society that has more readily accepted the racist, sexist and xenophobic politicians who now enjoy broad governing power across the federal branches and in almost two-thirds of states.

GOOD FOR GOOSE, GOOD FOR GANDER President-elect Donald Trump raises his fist, a gesture that since ancient times has signified resistance, at a rally in Alabama in December. GETTY

Clearly this amounts to a virulent and intolerant brand of activism. And it has radically altered politics.

And yet, in the aftermath of the election, left-leaning people have been told to dilute their messaging. Focus on people's economic anxiety. Get out of your bubble. Stop talking about race.

It's very liberal to dull the edges of one's harshest criticisms. It is a crazy-making proposition. The solution shouldn't be to back off. The left needs to become louder and more forceful in its criticism and its co-ordination.

There are a breadth of activist groups, from the water defenders of Standing Rock to the organizers of Black Lives Matter, advancing a cultural conversation around human rights. The liberal majority that voted for Hillary Clinton is ready and willing to be mobilized.

Within this broad coalition, however, lies the problem of going high when others go low.

After a firebombing at a local North Carolina GOP office in October, liberals crowdfunded in sympathy. Mind you, this is a party that was already in power and had passed some of the country's most restrictive voter-ID laws such that large numbers of black voters were disenfranchised. After all that do-gooding, Trump won the state. In this way, the focus on winning over hearts and minds was divorced from political pragmatism.

The Canadian political equivalent is, in our fashion, much more laughable. Members of the left-of-centre parties — Green, NDP, Liberal — have been enrolling in the Conservative party in order to ensure Kellie Leitch won't win the leadership race. Again, rather than doing any number of activities to bolster the liberal cause, voters on the left are handing their money to the literal opposition. (At a cost of $15 for a year, that's three elitist lattes they could be sipping on.)

The fight for human rights, against oppression and towards equality isn't easy and it never ends. And, right now, the forces on the other side are showing, by their willingness to organize and act collectively, that they simply want it more.

Whether Trump's a tyrant or simply a toddler, millions of lives and livelihoods are at the mercy of his whims. Protecting them — and one another — will require activism with clarity and courage.

DAILY ACTIVIST AFFIRMATION Heed Joe Hill!

"As 2017 kicks off, labour organizer and singer Joe Hill's century-old words as he faced a Utah firing squad ("Don't waste any time in mourning. Organize!") have taken on a renewed meaning. In the face of what can seem like overwhelming odds, time and time again, people have shown that successful organizing against injustice, building power through building and strengthening organizations and community depends on lots of vital but unseen everyday 'grunt work.'"
- Prof. Aziz Choudry, author of Learning Activism

A simple trick guaranteed to get government's ear

Tristan Cleveland
Metro

Want to make a difference? There's an underused way to get decision-makers to hear you over everyone: Propose something.

About one year ago, I was at a public consultation about how to use a piece of government land. Everyone expressed the usual opposition or support for the proposal. Except one person.

A young woman shyly suggested the land be used for an innovative parking garage with green walls, gardens, power generation and charging stations for electric cars. Planners who were there can't remember the usual stuff everyone said, but they remember that idea.

In activism, what matters is not what you say, but what people hear. The fact decision-makers still recall that suggestion means she maximized her opportunity to have an impact, and all because she sincerely put forward an idea.

Many government staff and politicians get into that line of work not just for the salary, but because they'd like to find solutions. Imagine how dispiriting it is for them to only ever hear a shouting match between "yes" and "no." Proposing something new gets their attention. In part because it reminds them why they do their job.

There are at least two reasons people do not propose new solutions more often.

The first, I believe, is fear. It feels safe to judge others, and people certainly have no qualms about criticizing (or sometimes applauding) government. Suggest your own idea, however, and you put yourself in the position of potentially being judged yourself. It's vulnerable, yet far more valuable.

Angry comments online are probably so common because they take less courage than originality.

The second reason is that solutions aren't easy to think up. Not all ideas have to be well-researched since they can act as inspiration. But if someone wants to be truly influential, they have to show why something will work. That can feel daunting to someone who has never tried to make change.

Luckily, cities tend to have thriving ecosystems of well-organized advocacy organizations that can help anyone take a possibility and turn it into a killer proposal.

This isn't another screed about how we need to just be positive. Negativity is vital to a democracy and is central to activism, since without it, politicians would make terrible decisions all too efficiently.

But being critical itself is not enough, and we should want more than the boring status quo.

Your city could use some ideas, and you'd be surprised how influential they can be in a small city like ours. Frankly, if more people proposed them, politics would just be more fun.

Tristan Cleveland is an urban-affairs columnist for Metro Halifax

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Tuesday, January 17, 2017

"It's a transition, for sure. That was two years of trying to have longer hair and I kind of grew a little attached to it.".
Blue Jay Josh Donaldson has cut his warrior-like locks, just ahead of his appearance on Vikings TV show this Wednesday.

CULTURE

The separation of dog 'parents' can be tough on the pooch too

Tiana Leonty and Jarret Wright have shared custody of their five-year-old dog Rex for a year since their split. TORSTAR NEWS SERVICE

As Tiana Leonty and Jarret Wright's relationship was ending their biggest concern was "What do we do with Rex?"

The 72-pound German shepherd mix was a handful. Almost five years old and racked with separation anxiety, a condition they expected would only be aggravated by losing a "parent" in a leash tug of war.

They bought him together, trained him together, and adored him together.

"We both loved Rex right away," says Leonty, who, like Wright, grew up with a dog. Rex came into their lives in 2015 as a three-year-old rescue. The Toronto-based actors, who had been living together for two years, broke up just four months after getting the dog and faced the question of what to do with Rex.

"I could not take him from Jarret. It would break my heart," Leonty says. Wright too couldn't part with Rex or take him from Leonty, so the ex-couple decided to "co-parent." instead.

This arrangement could become more commonplace as millennials opt to adopt pets rather than have babies as they delay marriage and home ownership.

Breakups involving pets don't always end this well. A judge in Saskatchewan recently rebuked a childless couple in family court over an application to determine where two of their dogs would stay while the divorce is finalized. The wife asked that the case be treated with a "custody approach" as with kids in a divorce, but the judge decided a "dogs are property" approach was best. In a 15-page decision, the judge recommended the dogs stay with the wife's parents in the interim.

"In Canada, we tend not to purchase our children from breeders," wrote Justice Richard Danyliuk, noting that, while "there is a distinction between animals and inanimate objects, it is also true that both are property and are not dealt with under child custody principles."

At the Toronto Centre for Canine Education, Caryn Liles has counselled clients during pet custody negotiations. She has successfully co-parented a three-legged dog with an ex for 10 years. The dog, Parker, died last year at the age of 14.

"He was a really sensitive dog in a lot of ways but really bombproof in others. He was comfortable going back and forth; he didn't feel uprooted every time," says Liles, who lived a 20-minute streetcar ride from her ex when they shared Parker. Liles often suggests a "trial period" where the "co-parents" try shared custody for a couple of months and then reassess.

"If the dog is experiencing behaviour challenges like reactivity or aggression or general anxiety or separation anxiety, shared custody — the back and forth, the uprooting — can be really traumatic for them," she says.

That's what made Leonty nervous about co-parenting Rex with Wright, who was more adamant that they try joint custody.

"I was worried about Rex because he's a rehab dog and the ideal situation is for the dog to have one owner," says Leonty, repeating the advice of multiple dog trainers. But ultimately, they decided they'd need each other's support in caring for Rex.

"We didn't want to give him up, so we thought we'd do this and see how this works," says Jarret. "It's like sharing a kid."

When they moved out, they decided to live just three blocks apart to make the swapping easy. They didn't draw up any "custody" papers, but soon developed a flexible "3-4/4-3" system: she has Rex for 3 days; he gets Rex for 4, then she for 4 and so on. After one year of co-parenting the arrangement has been a success.

When sharing doesn't work, some people get litigious. That often gains media attention but disputes over animals rarely make it before a judge, says Mike Saini, University of Toronto social work professor and custody evaluator for the Office of the Children's Lawyer.

"Most people can resolve their disputes without the courts," he says. "Family courts are already overtaxed by too many cases. I would rather see these cases be triaged in a different way."

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

Leonty and Wright aren't thinking about paperwork. After a year of sharing Rex, they've passed the "trial period."

"If a partner comes into the mix, they have to accept the arrangement and the dog," says Wright.

"Beyond that they have to accept who my friends are and my ex is one of my closest friends."

TORSTAR NEWS SERVICE

PET PRE-NUP

Animal lawyer Suzana Gartner recommends couples formulate some kind of "pet pre-nuptial" agreement and a post-breakup "pet co-ownership agreement" to avoid mediation.

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DOCTORS WITHOUT BORDERS

Life on the front lines of global crises is getting harder

Genna Buck
Metro | Toronto

METRO FOCUS ON ACTIVISM!

Doctors Without Borders — known outside North America as Médecins Sans Frontières (MSF) — has had a tough several years.

The organization was left holding the world's (barf) bag as the major clinical provider on the ground during the 2014-2016 Ebola epidemic in West Africa. It's still reeling from the 2015 U.S. airstrike on an MSF hospital in Kunduz, Afghanistan that killed scores of patients and 14 staff.

Meanwhile, the charity that has been the world's hospital for 40 years has taken on the role of the world's ambulance, too, by manning three ships tasked with rescuing desperate, drowning migrants from the Mediterranean.

Metro spoke to Joanne Liu, a Canadian pediatrician and MSF's international president, about her worries and hopes for global health in 2017, and how, despite being neutral, the group has been forced into an activist role.

Joanne Liu, international president of Médecins Sans Frontières, treats patients in South Sudan in 2015. CONTRIBUTED

How bad was 2016 from your vantage point?
It was a tough year. Flouting of international humanitarian law happened over and over again. We pushed for UN resolution 2286 — it was actually passed unanimously and backed by 85 countries — but we didn't have much of a change in the field.

As well 2016 has been a really, really, scandalous year for people who are in forced displacement. States have been flouting their commitment to giving protection to refugees.

Which countries specifically need to shape up?
Collectively, something needs to happen. But the European Union with the EU-Turkey deal is one of the big issues. They have externalized the management of their border to Turkey, which already has three million refugees. They gave (Turkey a deal worth 6 billion Euros) and said "We don't care, just take care of them." Only 70,000 refugees will have access to Europe. This is really outrageous.

As you look into 2017, is the migrant crisis going to be your top issue?
My top priorities are the attack on the medical mission (in Kunduz); the follow-up of that. Second is the forced displacement crisis. Third is legacy of Ebola, and fourth is the antimicrobial resistance crisis.

What are the challenges around Ebola today?
About 15,000 people survived (the 2014-16 outbreak). Survivors are patients. They still carry the virus in their body fluids for a time.

The other part of the legacy is developing tools to fight Ebola if it were to come around again. Ebola was discovered in 1976. (In 2014) it had no vaccine, really, no specific treatment, and no rapid diagnostic test. This showed us the failure of the research and development model, which, today, is driven by market potential. So now a lot of people, we're saying we need tools to respond to potential bio threats. That's going to be the biggest positive legacy of Ebola.

How does the changing political climate affect your work?
It's way too early to say. Does it create uncertainty? Yes. Will it have a rippling effect on Europe? Possibly. What we're concerned about is people looking at everything through the lens of domestic interests. That's very short-sighted. We can't think of our security in isolation of the rest of the world.

When people thought of MSF ten years ago, they weren't thinking of people being rescued from the Mediterranean. What has that been like?
I'm glad that MSF has been able to morph and adapt to the needs of the population in need. This isn't the first time we've done this. When HIV came, we didn't know how to treat it. We developed the know-how as we went along. And I think that's what we're doing as well right now with the forced displacement crisis.

There's increasing rhetoric that refugees and asylum seekers are not legitimate, that they're queue jumpers...
Today, someone who is fleeing for his life is treated as a criminal when he arrives somewhere. Even if we don't think someone is entitled to the label of refugee, they still should be treated with dignity. I think in the 21st century we should be giving dignity to every single human being on earth.

JOHANNA SCHNELLER WHAT I'M WATCHING

Nothing 'ish' about very special episode

On a recent episode of Black-ish, the Johnson family reacts with shock to Donald Trump's win. AP FILE

THE SHOW: Black-ish, Season 3, Episode 12
THE MOMENT: Dre's history lesson

Months after the U.S. elected Donald Trump, Dre Johnson's (Anthony Anderson) ad-agency colleagues can't stop arguing about it. Stevens (Peter Mackenzie) blames black voters. Daphne (Wanda Sykes) blames white women. Dre snorts.

"Why do you not care about our country?" Stevens asks.

"I love this country," Dre replies, "even though at times it doesn't love me back." In the background, Nina Simone begins singing Strange Fruit. Photos of segregation and urban blight fill the screen.

"The system has never worked for most black people," Dre says in voice-over. "But we still tried to do our best, even though we had to live in neighbourhoods you wouldn't drive through. Send our kids to schools with books so beat up you couldn't read them. Work jobs you wouldn't consider.

"I'm used to things not going my way," he sums up. "I'm sorry that you're not and it's blowing your mind."

From the opening shot — the Johnson family reacting with shock to Trump's election — you knew this was a Very Special Episode, the sort of cultural commentary Norman Lear did on All in the Family (rape) and Maude (abortion).

Black-ish creator Kenya Barris is stepping up to be the new Lear — see his prior episode about police shootings of unarmed black men.

Here, he dives deep. I don't have room to quote Dre's whole speech, but it's powerful, culminating in a cri de coeur about slavery.

The episode ends on a call to come together. But Barris has most certainly thrown down a gauntlet about where he's coming from.

Black-ish airs Wednesdays on ABC and City.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

GOSSIP BRIEFS

Ivanka ready to ditch style biz for politics
She may not be working in the White House, but that doesn't mean Ivanka Trump is staying out of politics.

Although she has said she will have no official role in her father's administration, Ivanka Trump has been quietly laying the groundwork for an effort that could make her perhaps the best-connected policy advocate in Washington.

In a Facebook post detailing her next moves, the lifestyle brand mogul thanked people who had reached out on issues and added that she is determining the "most impactful and appropriate ways for me to serve our country." THE ASSOCIATED PRESS

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LEARNING CURVE

Let your budding creativity blossom through floral design

Flowers can have a soothing affect on people, as well as bring them comfort in tough times, or bring joy in times of celebration and happiness.

The floral design courses offered through the Faculty of Continuing Education and Extension at Mount Royal University help participants get in touch with their creative side by learning how to create floral masterpieces.

"These courses are for people who just want to learn to arrange flowers for themselves or as a pivot point to wanting to work in a flower shop, or even own their own flower shop one day (with some additional business training)," says Lea Romanowski, instructor of the floral design at MRU.

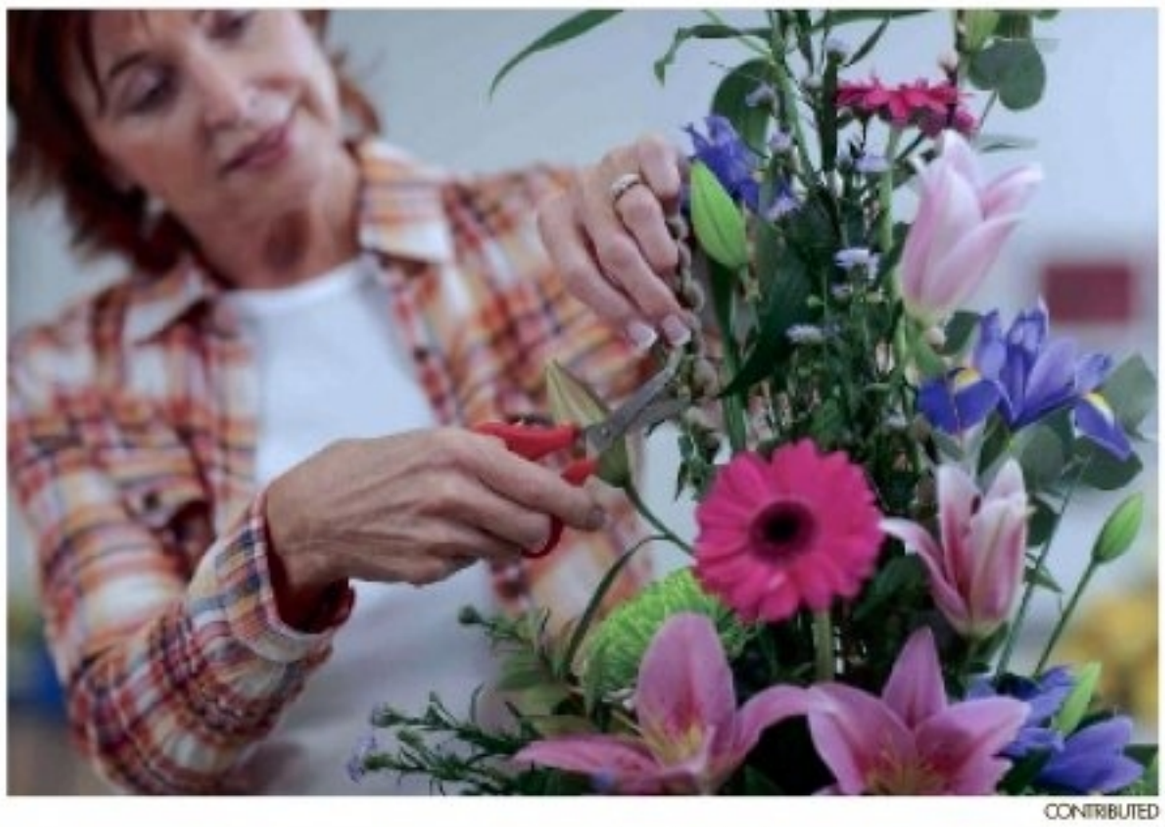
The floral design certificate of completion is made up of three required courses, for a total of 54 hours.

Throughout these courses, participants will learn a number of different skills such as how to properly handle and care for plants, the mechanics of floral design, the tools of the trade, characteristics of flowers, colour theory, and more.

'This is really getting your feet wet in about 18 different design styles," says Romanowski.

At the end of the class, participants also get to take home the fresh design that they have created.

Aside from the certificate of completion, there are also a variety of unique individual courses, such as floral therapy, corsage basics, tropical arrangements, and more.



CONTRIBUTED

These courses are also a great opportunity for a fun night or weekend out with friends, family or co-workers.

For more information about the floral design courses at MRU, visit mru.ca/floral.

Position yourself to lead in the brand scheme of things

CONTRIBUTED

Ford, Coca Cola, Nike and even the Kardashians, are all household names in today's society.

But it was not just chance that helped them to become some of the most recognized products/celebrities out in the public eye — it took a lot of careful marketing and brand building.

"Brands now contribute hundreds of billions of dollars to an organization's bottom line, a focus on brand strategy must be paramount to the future success of an organization," says Robert Schmidt, principal at reBox Creative Inc., and an instructor of brand strategy at Mount Royal University.

"The impact and influence of having an effective brand extends well beyond just the marketing suite. As such, the insights gained through a deeper understanding of how brands are created and how they work will bring
great value to many professionals across an organization."

The brand strategy course at MRU is a hands-on course created to equip learners with the theory and practical tactics needed to effectively understand and create an effective brand.

The brand strategy course looks specifically at the concept of a brand and the tactics needed to help create the strategy around how an organization wants to be perceived.

Students will gain an understanding of the fundamental concepts and principles related to branding, targeting and positioning.

As part of in the marketing and strategic communications extension certificate, this course has been designed for both the marketing professional, as well as those looking to learn more about marketing and the role of branding across the entire organization.

To learn more about the brand strategy course, visit mru.ca/marketingstrategy.

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Fitting education into your life is possible

Jason Winsor recently graduated with a certificate in professional management specializing in risk management. CONTRIBUTED

Sometimes going back to school full time isn't possible. That's why UCalgary Continuing Education strives to make professional development programs as accessible as possible for adults who want to learn.

Taking advantage of the downtown campus

"Being a busy professional and a family man, I couldn't take time off to become a full-time student," says Jason Winsor, who recently graduated with a certificate in professional management specializing in risk management.

"Continuing education allowed me to complete my certificate at my own pace without causing havoc in my work or personal life. I especially liked the convenience of downtown classes, which made it very easy for me to get to class after work."

Going online for more flexibility

When Shellen Thomas' employer offered her the chance to enroll in the certificate in adult learning to prepare for a new project, she jumped at the chance to go back to school and build on her BA degree.

Despite the time demands she already faced as a full-time employee and a competitive athlete, Thomas was determined to fit this online learning into her life.

"Just one year after starting my program, I found myself doing my school work between my events in Cyprus, while I was competing at the World Master Weightlifting Championships," she says.

Thomas feels her continuing education experience was instrumental in the success she's enjoyed in recent years professionally and personally.

"I think going back to school actually gave me the confidence to strive for other goals in my life," she says.

Mixing it up to make it work

When Carlos Palacios-Fernandez landed a job that combined his knowledge of the food industry with self-taught IT skills, he decided to return to school for more formal learning.

He has since completed the IT fundamentals certificate program through continuing education at UCalgary, where he took courses both on campus and online.

He is now a graduate of the IT fundamentals certificate program.

"I was able to apply my learning right away," he says.

"I think if I hadn't taken these courses, I would not be able to do my job as well. Now I want to take more courses."

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Career-focused project links grads to work placements

Employers from across all industries have nothing but great things to say about the Connections to the Workplace project offered by Bow Valley College.

"The opportunity to have an eager, talented young professional help my business through the Connections to the Workplace is exciting and economical for a small business owner," says Krista Hopfauf, owner of Salvedge Boutique.

Connections to the Workplace is a career focus project that is available to post-secondary graduates and employers in Calgary and surrounding areas.

"Our experience working with Connections to the Workplace has been great," says Maud Salvi, executive director of Sled Island Music and Arts Festival.

"The candidate that was referred to us was a great fit and the process to enroll in the program as an employer was very easy."

The initiative assists young post-secondary educated professionals to gain paid work experience in their related field by matching them with employers across all industries.

"Connections to the Workplace is a wonderful win-win opportunity for both the employer and candidate," says Marie-Hélène Bilodeau, professional photographer, owner MHB Photo-Graf.

Eligible candidates must have completed post-secondary education, be between 15 and 30 years of age, eligible to work in Canada, and can not be receiving employment insurance (EI) benefits.

"Connections to the Workplace ultimately jump starts their career," says Michael Nguyen, LPN graduate from BVC.

This program is funded by the Government of Canada.

Employers across all industries and young candidates who are interested in partnering with the program can register at mycareerconnection.ca/youth.

Kylie Toh, MRU alumna, founder of Chic Geek and Top 40 Under 40 winner.

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With Chic Geek, Kylie Toh combined her interest in tech with a Bachelor of Communication – Public Relations degree. She's inspiring more women to code.

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Making her IT technician dream reality

With the dream of becoming an IT technician, Afrah Hashim choose the Academy of Learning Career College PC support specialist program because she believed it was the best way to achieve this dream.

"Being from a different ethnic group, I love to face challenges, and my passion for IT lead me to enroll in PC support specialist program," says Hashim.

The program provides students with the knowledge and skills necessary to service computer systems and to support the users of these systems.

This diploma program covers a number of topics including hardware installation and configuration, basic networking, Windows operating systems, MS Office support, and help desk techniques.

"It has been a very fun and great experience studying at Academy of Learning, the facilitators and admin attend to their students with love and care," says Hashim.

"They encourage and support you to work hard and achieve what you want in life, which brings a positive environment that is fantastic for studying — I loved it."

With the support of her husband and her family, Hashim will soon be completing her program with honours, of which she is very proud.

Once she has completed her 51-week course, Hashim would love to become an IT technician and challenge herself with different tasks related to her training, gaining more experience in the IT field.

For more information about the PC support specialist program at Academy of Learning, visit academyoflearning.ab.ca.

CONTRIBUTED

Share in a love of music

CONTRIBUTED

The love of music is meant to be shared — and that is what the music program at Ambrose University aims to do by bringing its love of music out into the community.

"Serving the community in the ways that we do enriches both our faculty and students and the community members that join us," says Dr. Don Quantz, professor of music and music program chair, Ambrose University.

Designed for the general public, the music program's community involvement serves a wider community beyond the university walls.

"We have a variety of people join us: some are well-trained musicians (including teachers, etc.) and others (in our community choir, for example) just love to sing and find a place that allows them to grow in their skill, while just singing," says Quantz.

In addition to ensemble opportunities, Ambrose has community learning opportunities such as Jazz Day, Jazz Camp and Ambrose Academy.

The academy provides lessons to community adults and children from Ambrose's advanced music students.

It also has a high school choir collaboration, a children's choir Christmas concert event and collaborates with Rockyview School Division Jazz Festival.

"Offering events such as jazz festival, jazz camp, or academy lessons, give the community members, who want to develop their musical skills, a way to do that and the opportunity to work with some of Calgary's top musicians," says Quantz.

To learn more about the music program, visit ambrose.edu/arts-science-programs/music.

Fast track your MBA

CONTRIBUTED

The Haskayne MBA's accelerated program option is a fantastic way for students to complete their program in less time and for less money.

The program allows eligible students to obtain credit for business courses they've completed in their undergraduate degrees and apply it towards their MBA course requirements.

Students are eligible to receive credit for up to five classes out of 20.

This allows students to complete their MBA up to 25 per cent faster and at a cost saving of up to 25 per cent.

Alternatively, students can opt to complete their MBA in the regular allotted time, taking a lighter class load and benefitting from more flexibility and balance.

While it is true the Haskayne MBA helps students develop managerial business skills, its real value comes from helping students explore and develop their leadership capabilities.

The Haskayne MBA teaches students new approaches to decision-making and can help them transition into leadership roles with confidence.

At the Haskayne School of Business, the commitment is to empower students to become a leaders as they live, work and learn.

"The Haskayne MBA is ideal for students looking to advance their careers across the country, and in particular Calgary," says Michael Wright, FCGA director MBA programs at the Haskayne School of Business, University of Calgary.

"We are Calgary's MBA, as such we offer unmatched opportunities to connect with and learn from Calgary's business leaders."

Bachelor of commerce graduates or graduates of similar degrees are eligible for the Haskayne MBA accelerated program option.

The accelerated program option looks at a student's course work in conjunction with GPA at the undergraduate level to determine if credit can be given at the MBA level.

Students interested in either the day or evening MBA programs, should apply before June 1 for a September 2017 start.

To find out if the Haskayne MBA program is right for you, register for one of the upcoming information sessions. The next one is on Jan. 19, from 5:30 to 7:30 p.m., at the University of Calgary downtown campus.

Students interested in knowing more can visit haskayne.ucalgary.ca or contact Chris Marks at chris.marks@haskayne.ucalgary.ca.

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Celebrating 30 Years 1986-2016

Health care aide instructor finds training new HCAs 'extremely rewarding'

HAVING THE STAFF SO COHESIVE MAKES A GREAT ENVIRONMENT FOR THE STUDENTS

– Karen Taylor, ABES health-care aide instructor

CONTRIBUTED

For ABES (Alberta Business and Educational Services) health-care aide instructor Karen Taylor, it was a chance encounter at work that changed her career and led her down a path to help train hundreds of future health-care aides.

"I was actually an HCA years ago and met the (ABES HCA) program coordinator while I was working," says Taylor.

Taylor has now been instructing at ABES for the past nine years and could not be happier.

"Our work environment here is truly a family atmosphere," she says.

"I think having the staff so cohesive makes a great environment for the students."

But for Taylor, working within the school has not made her forget the ultimate goal of the job of an HCA — the clients.

Working in the field as a HCA before going back to school to get her LPN, gave her the insight needed to pass along real-life knowledge of the job demands.

"I have worked in hospitals and clinics, but my heart has always been in long-term care; I have a soft spot for our forgotten elderly," says Taylor.

And helping the next generation of HCA's has also been rewarding for Taylor.

"I love the fact that we make a difference in so many of our students' lives, as well as the people they care for," says Taylor.

"When you train people for the health-care field, there is a ripple effect, and you know that you're helping people you'll never even meet."

The HCA program at ABES is a 20-week program that provides students with all the skills they need to enter the health-care field.

The program provides students with, not only the Government of Alberta Health Care Aide Certificate, but 14 other certificates as well.

"The program is very hands on, with students spending their time not just in class or on practicum, but in a clinical setting as well," says Taylor.

This means that ABES students are exceptionally well prepared for their future positions.

"Because we will always have a need for health-care aides, our employment rate after graduation is well above 90 per cent," says Taylor.

"That's not something that you can say for every field, so I know that our students are heading out into a job market that will allow them to find jobs and start a rewarding career."

The HCA program starts every five weeks, with the next intake beginning on Feb. 21.

For more information, visit abes.ca.

Choose a nursing speciality

CONTRIBUTED

Columbia College, through its practical nurse program, is responding to the dynamic nature of the workplace and its continuing need for qualified professionals.

"The men and women who enroll in this fast-paced program learn to think and act like effective practical nurses," says Sharron Burns program chair, health-care programs, Columbia College.

"They develop the competencies, perspectives and work ethic consistent with the needs of modern health organizations — what you learn and the quality of your learning at Columbia will prepare you for your future."

The practical nursing program is a two-year diploma program that is completed in 80 consecutive weeks, full-time (approximately 20 months).

The program is designed to give students practical nursing theory and clinical experience in continuing care, acute care, and a specialty such as maternal, child, and community care.

"The overall outcome of the program is the development of a practical nurse, eligible for registration with CLPNA, who will provide safe competent nursing care that will foster health and well-being of individuals within families and the community," says Burns.

"This professional will demonstrate skills in critical thinking and communication that are essential in a diverse environment."

At the completion of the practical nurse program, graduates will be able to work with individuals, families and groups in a variety of settings.

The next start date for this program is May 22. To learn more, visit columbia.ab.ca.

Make a fresh start with a career in legal administration

Thinking about upping your skill set and taking the leap into a new career? The legal profession is one exciting area to consider.

If you're looking for a brand new career direction, or you have administrative experience and want to take on challenging new work, a career in legal administration may be for you.

The salaries are competitive. Legal administrative assistants are among the highest paid in their field with a median wage of $26.87 per hour in Calgary, according to jobbank.gc.ca.

The job will immerse you in the legal world including the facets of the Canadian legal system, court structure, as well as legal rights and modern procedures and practices.

Areas of the legal system you could work in include wills and estates, real estate and conveyancing, corporate and commercial law, civil litigation, family law and criminal law.

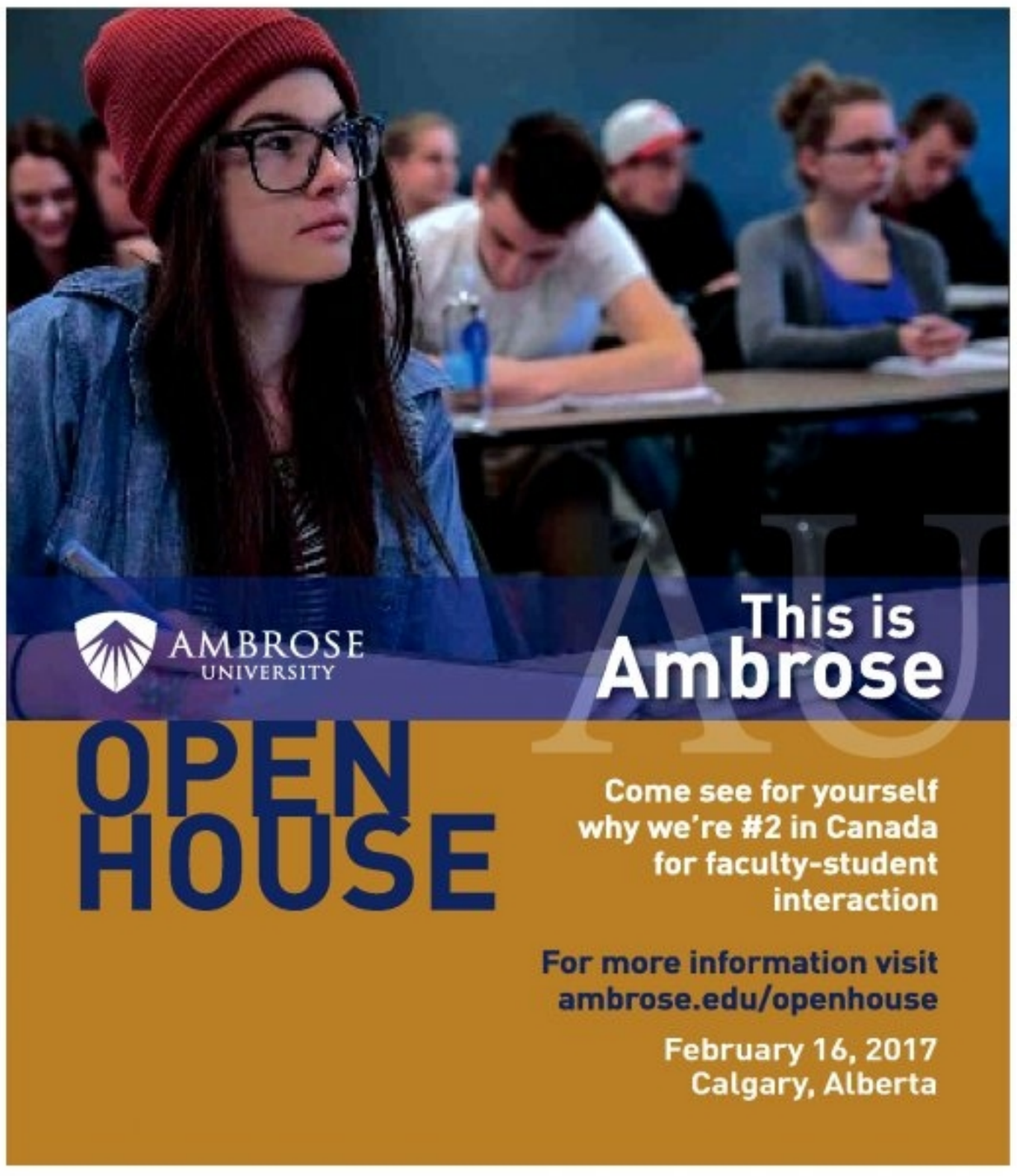
When you're working in a fast-paced legal office environment, proficient office administration skills are a must, including up-to-date knowledge of Microsoft Word, Excel, Access, Outlook and PowerPoint.

If you want the job, but you don't have these skills yet, you can earn them in a reputable education program. The Legal Administration program at CDI College is a great place to start.

ISTOCK

The intensive program will equip you with all the skills and knowledge you need to jump into administration in the legal profession, including a practicum that provides the invaluable real-world experience that employers are looking for.

Find out more online at cdicollege.ca, or call 1-800-360-7186.



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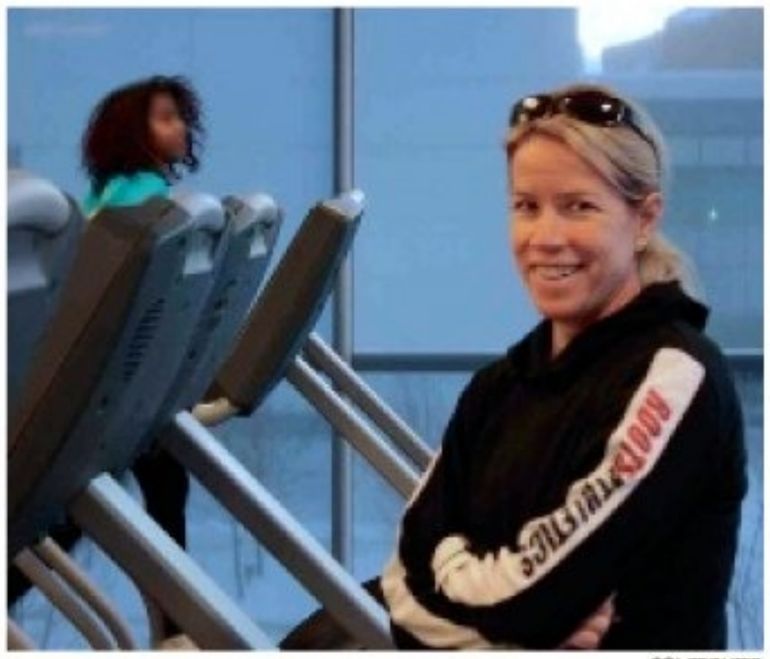

CONTRIBUTED

Researcher studies impact of exercise on mental health

Aerobic exercise has been a passion of Syl Corbett's her entire life and has impact on both her physical and mental wellbeing.

Because of this, she is leading a study at the Cumming School of Medicine to examine the effects of exercise in youth at risk for serious mental illness (SMI).

"Exercise in some form is available to everyone," says Corbett, PhD student and lead researcher on this study.

"I believe research helps to justify its inclusion into everyone's daily life for physical and mental health."

The study is called PRO-CAN: Canadian Psychiatric Risk and Outcome Study Exercise Intervention.

The participants are young people (12 to 25 years old), who are experiencing symptoms associated with mental illness, but not at the intensity or frequency required for a diagnosis of mental illness.

AEROBIC EXERCISE HAS BENEFICIAL EFFECTS FOR HEALTHY INDIVIDUALS AND THOSE WITH MENTAL ILLNESS ALIKE

– Syl Corbett, PhD student and lead researcher

"The brain isn't fully developed until 25 years of age, hence not only is this is a period of vulnerability, but it also offers an opportunity to positively influence this maturation process," says Corbett.

"Youth at risk for SMI do not yet have a definitive diagnosis of an illness, therefore may not have access to all the resources that come along with such."

Corbett says there is also the potential to reduce their symptoms that may put them at a lesser risk for developing SMI.

"Previous studies have demonstrated aerobic exercise has beneficial effects for healthy individuals and those with mental illness alike," says Corbett.

All the training sessions occur at Kinetix, a gym located in the TRW Building on the Foothills campus at the University of Calgary.

For more information, call 403-210-8740 or email napls@ucalgary.ca.

EXPANDING THE SCOPE OF THE SACRED ARTS

CONTRIBUTED

While hoping to retain opportunities in the area of sacred arts, St. Mary's University's continuing education program is also broadening its scope to include more components of spiritual growth, connections to the St. John's Bible, artistic expressions, Indigenous teachings, guided nature walks, aging, and more.

"These are all distinctive areas of personal interest for people who want to be connecting with others who have similar yearnings, wonderings and needs for expression," says Elizabeth M. Cressman, continuing education coordinator at St. Mary's University.

"We are being responsive to people's expressed interests (through an online survey and beyond), with all of these topics being timely in a larger society within the greater Calgary area."

These learning opportunities are available to anyone 18 years of age and older, including Calgary's community people; those in seniors' residences; on-campus students, faculty and staff members; as well as those from many spiritual faith communities, etc.

The sacred arts component of continuing education offered courses in Byzantine iconography, stained glass, tapestry weaving, Celtic designs and illuminations, mosaics, painting the figure, calligraphy and iconography, and more.

While St. Mary's is hoping to continue these, it is also expanding the types of learning opportunities, in which community members have expressed interest.

Some examples include spiritual growth, such as journaling as a spiritual practice, elder wisdom in movies, creating clay panel sculptures, extending current understandings (i.e. in Christianity, Judaism, Islam), and photography.

St. Mary's continuously works to bringing new offerings to the public, including some Indigenous topic courses, with some "tipi teachings" expected in the spring or summer.

The Indigenous teachings area is indicative of a growing desire to learn more about local Indigenous peoples and their teachings through stories and traditions.

"We are excited to be able to expand our community connections through the new continuing education program and aim to become a cultural hub for south Calgary, where community members come for stimulating dialogue, continuing learning, and personal growth," says Dr. Tara Hyland-Russell, vice president academic and dean, St. Mary's University.

For more information about continuing education at St. Mary's University, visit stmu.ca/cont-ed.

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Making an IT career move into programming

Wanting to further advance his career in the IT industry, Harjeet Mahajan enrolled at InnoTech College in the SharePoint Specialization Programming diploma.

Mahajan came to Canada to explore the beauty of this country and gain work experience in the energy industry, but his previous training was not getting him to where he wanted to be professionally.

"I had some basic knowledge from DeVry University, but was not able to advance my career, as I was in the hardware side of the IT industry," says Mahajan.

"There are a lot of jobs in programming when compared to hardware; it is the current trend in the IT market. Programming is also very interesting and challenges me to grow mentally."

Since starting at InnoTech College, Mahajan has been happy with his decision to pursue his passion of programming.

"It has been very interesting since day one, however my favourite topic thus far has been C Sharp (programming language)."

Once Mahajan completes this eight-month program, he hopes to break into the oil and gas industry.

InnoTech College's goal is to ensure that graduates are well connected with employers for the purpose of a successful and smooth transition into employment.

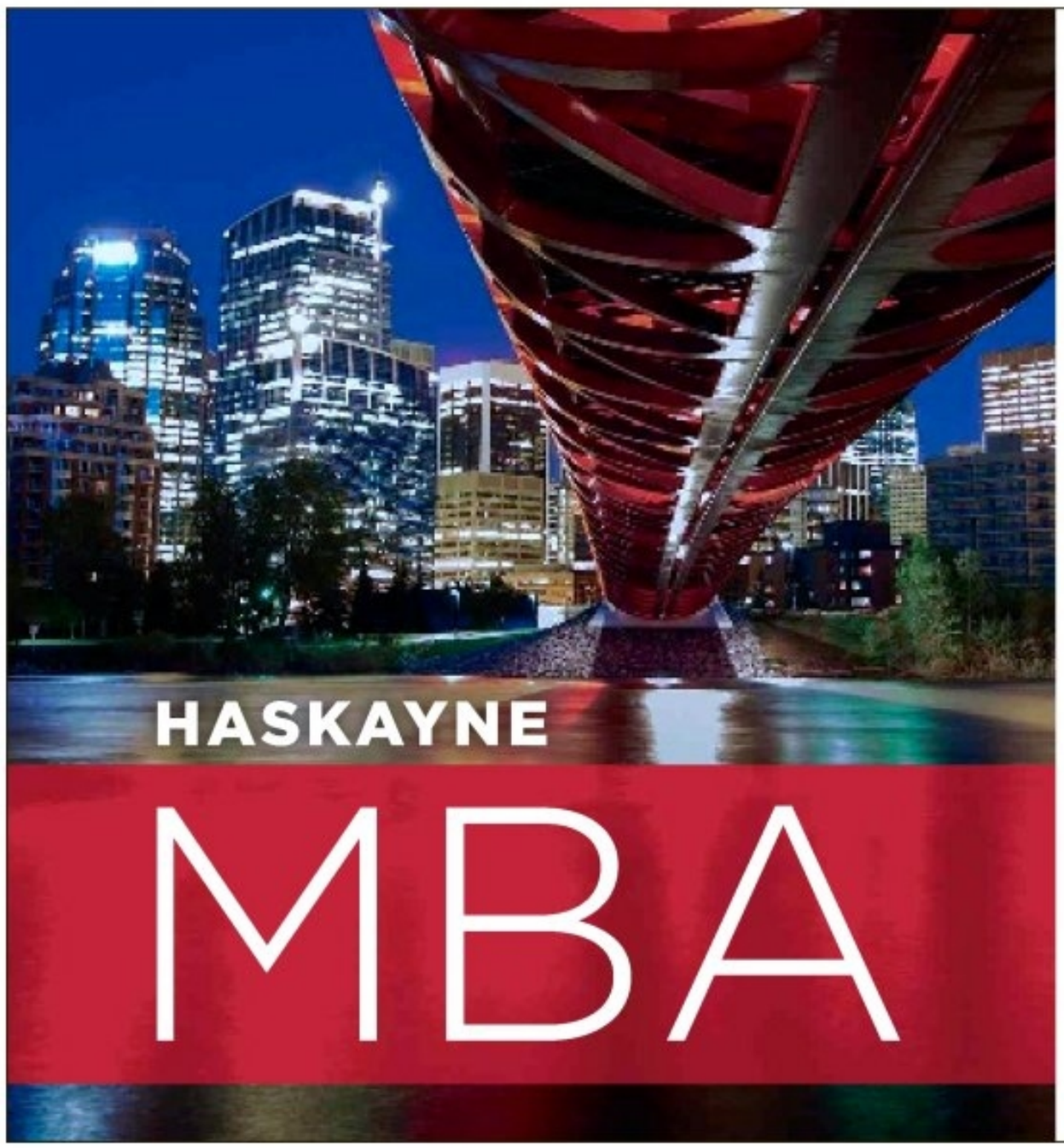
InnoTech College builds student-professional relations by inviting industry representatives into the classrooms to meet and connect with students, having HR managers from top employer firms provide guidance and advice, and initiate individualized employability support with resumé and cover-letter development and interview assistance.

When building the SharePoint Specialization Programming diploma, InnoTech involved its graduates future employers to develop the curriculum, and received confirmation that interns would be welcome at their organizations upon graduation.

CONTRIBUTED

InnoTech's upcoming SharePoint Specialization Programming diploma begins in May 2017.

To learn more and to enroll, visit innotechcollege.com or call 1-888-788-3340.



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Learn public relations from communication pros

Mount Royal University offers one of the oldest public relations degree programs in Canada, and they pride themselves on offering an evolving and innovative curriculum that prepares students for the fast-paced, professional demands of the communications industry.

This four-year, cohort-based program specializing in public relations and communication management, is designed for anyone who wants a dynamic education in one of the fastest-growing communication careers today.

"We offer an inclusive learning environment for students and excel in producing high-quality graduates qualified to pursue a wide variety of careers or continue to graduate-level studies," says Jane McNichol, associate professor and chair, public relations program, MRU.

"Our faculty bring their academic research to life in the classroom and each of them have significant practice-based experience which enriches the projects that students undertake."

ISTOCK

The public relations degree attracts students direct from high school, those with previous secondary education and the mature student who desires a change of career.

Students in the program will learn how to work both independently and collaboratively on interesting academic assignments and exciting, real-time, client projects.

They'll develop research, writing and presentation skills and learn visual and computer mediated communication and how to develop social media strategies for organizations.

Students will also create communication plans and learn how to plan, manage and launch an event, as well as investigate issues, participate in crisis simulation events and media scrums.

Because of the combination of theory and practice-based elements of the degree, graduates are uniquely qualified for a wide-variety of roles in communication management across government, corporate, non-profit and agency organizations.

The early admission application period is Oct. 1 - Feb. 1.

Apply early as applications to the bachelor of communication - public relations program always exceed the number of available positions in the program.

For more information about the PR program at MRU, visit Mtroyal.ca.

Change the world through journalism

News has never been more accessible than it is now.

With the latest headlines just at the touch of your fingertips, the public no longer has to wait until the six-o'clock news broadcast or the morning paper to find out what is happening in the world around them.

Through the journalism program at Mount Royal University students will learn how to be strong, critically thinking, ethical journalists in the ever-changing news climate.

"Our students often tell us they enter the program because they want to change the world," says Dr. Brad Clark, associate professor, and chair of both the journalism and broadcast media studies programs, MRU.

"Journalism still has the power to do just that."

Clark says the journalism program has had to be quite nimble in keeping pace with changes in the news world; the rise of social media, the opportunity to tell stories across so many different media platforms.

More and more students want the opportunity to be creative and tell important stories in emerging digital formats.

"Social media has exploded and so has the demand for content," says Clark.

"And legacy news media have left a void that has to be filled - our students aspire to fill it and are well-equipped to do so."

The journalism program at MRU is intensely focused on the student experience.

This means that students learning in a

ISTOCK

hands-on environment, where are working with each other and their instructors to build a body of work.

This includes having the opportunity to be a working journalist on the MRU community newspaper The Calgary Journal throughout the entire four-years of the program.

Successful graduates of this program may go on to pursue a variety of different career options, such as journalist for print, radio or TV, photojournalist, communications professionals, social media strategists, and many more.

MRU is now accepting applications for Fall 2017.

For more information about the journalism program at MRU, visit Mtroyal.ca.

Robertson College's IT programs are getting a reboot

CONTRIBUTED

As technology changes, so does training, and Robertson College is excited to add two new programs to its IT offerings; network security technician program and computer support technician program.

"We collect and analyze data from industry and suppliers before investing in a program and adjust the curriculum based on market needs," says Ousama Serrieh, IT Instructor, Robertson College, Calgary Campus.

These new programs have been designed for a variety of individuals including recent high school graduates who have not joined university, those who are want to be in the job market as soon as possible, IT individuals already in the field who are looking to expand their knowledge and skills, and individuals in other fields who would like to transition into the IT industry.

Students in the network security technician program will acquire the knowledge and skills needed to perform the necessary general administrative tasks.

They study the various types of attacks against networks and then use security software and devices to protect networks and computers from those attacks, according to the existing standards and best practices.

The network security technician program also provides students with the basics of forensic science and legal threads in the field of cybercrime.

Computer assembly and troubleshooting of software and hardware faults is an integral part of all Robertson IT programs.

IT graduates can become sub-contractors or permanent employees in the IT and/or network support field, which is needed in every business.

"Network security technician graduates are encouraged to pursue with legal issues and law enforcement pertaining with the Cybercrime and IT forensic investigation," says Serrieh.

"This field is in a mass demand for specialists."

Both programs include practical labs, lectures, and self-based study and research.

"Our programs are delivered by qualified and skilled instructors who possess long experience in vocational training," says Serrieh.

"Our programs are built around the best instructional and training material, which is accredited by major IT certification bodies in North America."

The network security technician program is 44 weeks in length with a next start date of May 15, 2017.

The computer support technician program is 43 weeks in length with a next start date in the fall of 2017.

Serrieh says Robertson College is expected to unveil more IT programs coming this spring.

To learn more

For more information about the new programs in the information technology program, visit robertsoncollege.com/campuses/calgary.

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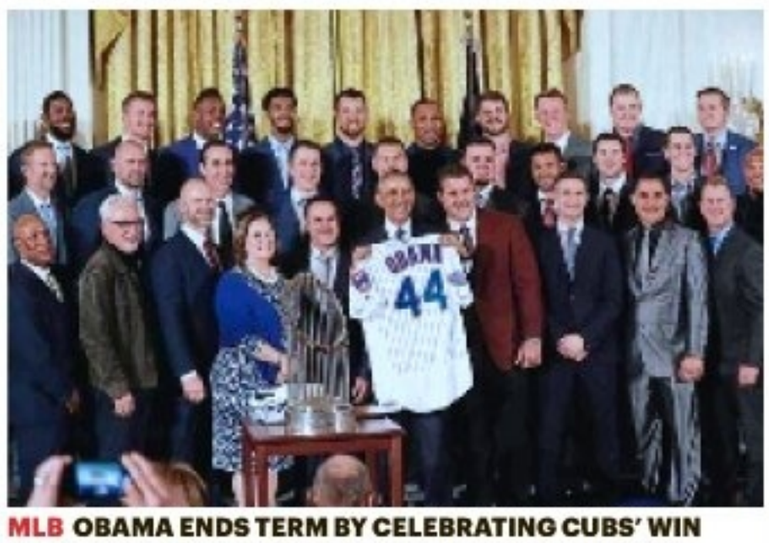
Eugenie Bouchard is into the second round of the Australian Open after beating Louisa Chirico 6-0, 6-4 on Monday



MLB OBAMA ENDS TERM BY CELEBRATING CUBS' WIN
U.S. President Barack Obama celebrated the World Series champion Chicago Cubs on Monday and spoke about the power sports has to unite people. "It is a game and celebration," he said. The White House event came four days before Obama hands the presidency over to Donald Trump following one of the most divisive elections in recent memory. THE ASSOCIATED PRESS

IN BRIEF

Bautista, Jays work on deal
Outfielder Jose Bautista and the Toronto Blue Jays are "working really hard" to bring him back to the club, a person with knowledge of the negotiations told the Associated Press on Monday.

The person spoke on condition of anonymity because negotiations are ongoing. The 36-year-old Bautista hit 22 homers with 69 RBIs last year while batting .234 in an injury-slowed season.
THE ASSOCIATED PRESS

Ivory Coast's big names fail to break down Togo
Ivory Coast's Europe-based stars stumbled in the heat of northern Gabon in their African Cup of Nations opener, with the defending champion held by Togo to 0-0 on Monday in another twist to start the tournament.

Ivory Coast created few clear chances against Togo, with Wilfried Zaha's blocked shot in the second half after a clever run probably its best. THE ASSOCIATED PRESS

Warriors cruises past Cavs
Stephen Curry and the Golden State Warriors looked ready to trade some more blows with LeBron James and the Cleveland Cavaliers come June.

The two-time reigning MVP hit five 3-pointers and had 20 points while matching his season best with 11 assists in Golden State's 126-91 rout of the defending champs Monday. Klay Thompson scored 26 points while Kevin Durant netted 21. THE ASSOCIATED PRESS

Malkin and Sheary end Caps hot streak

NHL

Pair netted five goals between them in Pens comeback win

Sidney Crosby and the Penguins celebrate Connor Sheary's overtime goal against the Capitals on Monday night in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

Conor Sheary scored 34 seconds into overtime and the Pittsburgh Penguins ended the Washington Capitals' nine-game winning streak with a wild 8-7 victory Monday night that included nine second-period goals.

Sheary had two goals and an assist for the Penguins, who snapped a three-game losing streak. Evgeni Malkin picked up his 11th career hat trick during a frenetic second period, and Sidney Crosby collected his NHL-leading 27th goal to go with three assists. Bryan Rust and Nick Bonino also scored for Pittsburgh, and Matt Murray got the win despite allowing seven goals on 28 shots.

The Penguins trailed 3-0 before scoring six goals in less than 11 minutes in the second period, more goals than the Capitals had allowed in a game all season. Pittsburgh led 6-5 after 40 minutes.

Lars Eller scored twice for Washington, and T.J. Oshie, Brett Connolly, Nicklas Backstrom, Justin Williams and Andre Burakovsky also found the net. Philipp Grubauer made eight saves after coming on in relief of Braden Holtby, who was pulled during Pittsburgh's second-period deluge.

The Capitals came in with the NHL's best defence, leading the league in goals against while rocketing to the top of the hyper-competitive Metropolitan Division.

Malkin's 19th of the season, a second period one-timer from the right circle, put the Penguins on the board at 3-0 down 6:28 into the second, sparking a span of 10:51 in which the goalies on both sides found themselves fishing the puck out of the net a combined eight times. It looked like a hockey video game with the setting set to "rookie."

MONDAY in Pittsburgh

8	7
PENGUINS	CAPITALS

Some were pretty, like Sheary's backhand deflection by Holtby that came after a perfect cross-ice feed from Crosby that split the legs of Washington's Karl Alzner. Some were odd, like Rust's innocent flip from behind the net that ricocheted off Alex Ovechkin's skate and by a surprised Holtby.

The Capitals hadn't allowed more than five goals in a game this season. Pittsburgh put up six in less than 11 minutes, the last coming as Malkin jammed the puck by a sprawled Grubauer. And neither team was done. Crosby gave the Penguins a 7-5 lead 5:55 into the third, but Oshie and Eller beat Murray to tie it and assure each team of at least a point.
THE ASSOCIATED PRESS

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Steelers' hopes rest on Big Ben

AFC CHAMPIONSHIP

Pittsburgh will need star QB at his best to topple Pats

The New England Patriots got a break by not having to face Ben Roethlisberger during their regular-season win over the Steelers in October.

The Patriots' coaching staff is expecting to get his best this time around with a trip to the Super Bowl at stake.

The 27-16 home loss to New England was the only game the Steelers' 34-year-old quarterback missed due to injury this season.

He was away less than a month after undergoing surgery to repair the meniscus in his left knee Oct. 17. He was also among several Pittsburgh players that sat out the regular-season finale against the Browns to rest.

> **Roethlisberger right now (is) very mobile, very healthy.**
> Matt Patricia, Patriots defensive coordinator

Backup quarterback Landry Jones was serviceable in just his third career start in Roethlisberger's absence.

The Steelers outgained the Patriots 375-362, but were 1 for 4 in the red zone and Jones finished with only one touchdown and an interception.

Pittsburgh is expecting, and will need a stronger performance from the quarterback position this time around.

Coach Bill Belichick said Monday that Big Ben's return makes the Steelers' primary offensive options — running back Le'Veon Bell and receiver Antonio Brown — only that much harder to contend with. Bell rushed for 81 yards in the first meeting and Brown had seven catches for 106 yards.

"They're a tremendous offence. Kansas City was able to make some plays in the red area, but I mean (the Steelers) could've easily been up in the 40s," Belichick said.

"They do a lot of things well; can run it, can throw it. Brown's the main guy, but all of the receivers, tight ends, backs, I mean they're all a problem."

The Chiefs may have planted the seed for how to keep Roethlisberger out of the end zone, however.

The Steelers were held without a touchdown in Sunday's 18-16 divisional-round win over Kansas City. They also ranked 12th in the NFL during the regular season in red zone efficiency, scoring a touchdown on 59 per cent of the trips inside the 20-yard line. They were 0 for 5 in their trips against Kansas City.

Roethlisberger had 13 touchdowns and only three interceptions in the red zone in 14 regular-season games.

But so far in the playoffs, Big Ben has just two total passing touchdowns and three interceptions.

Still, the Steelers coaching staff's trust in him to throw the deep ball is something that will be a point of emphasis this week, Patriots defensive coordinator Matt Patricia said.

Ben Roethlisberger led the Steelers to an 18-16 win over the Kansas City Chiefs in a divisional round playoffs on Sunday. MATTHEW STOCKMAN/GETTY IMAGES

In particular he said Roethlisberger's calm in the pocket and his offensive line's ability to protect him helps him buy time to improvise.

"If those plays can get extended or prolonged, that's when it becomes really difficult," Patricia said. "I think Roethlisberger right now (is) very mobile, very healthy, a guy that showed even again (Sunday night) that just a slight bit of movement or a slight bit of ability to maybe evade the rush, or stand in there just a little bit longer gives his guys enough time to get open in those situations." THE ASSOCIATED PRESS

NFC CHAMPIONSHIP

Injury-hampered Jones in Falcons lineup for conference title game

Don't fret, Atlanta Falcons fans.

Julio Jones will be ready to go in the NFC championship game.

Coach Dan Quinn insisted Monday that his All-Pro receiver will be in the lineup when the Falcons play for a spot in the Super Bowl against Aaron Rodgers and the Green Bay Packers, despite a lingering foot injury that limited Jones in the second half of a divisional-round victory.

Jones wasn't in the locker room for media availability following the 36-20 triumph over the Seattle Seahawks, leading to speculation that the injury might be more serious than the Falcons were letting on.

But Quinn did his best to put all that to rest.

"We'll limit him throughout the week, and then as the week progresses, we'll get him a little more at the end," the coach said. "That's the plan from last week. That will be the plan moving forward for us. He's excited to play."

Jones dealt with foot issues through much of the regular season, even sitting out a couple of games. Quinn initially called the condition "turf toe" — a potentially serious condition involving a sprain of ligaments around the big toe — but later said it was just a simple sprain.

Julio Jones GETTY IMAGES

Even though Jones was sidelined for a significant part of the second half against the Seahawks, he had his way against cornerback Richard Sherman and finished with a team-high six receptions for 67 yards, including a 7-yard touchdown.

The Falcons (12-5) will be hosting the NFC championship game for only the second time in the franchise's 51-year history.

Four years ago, Atlanta was the conference's top seed but squandered a 17-point lead against the San Francisco 49ers, who held on for a 28-24 win and a trip to the Super Bowl. THE ASSOCIATED PRESS

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CURLING

North America wins Continental Cup

It's been quite some time since Team North America felt defeat.

Team North America stretched its victory streak against Team World to five straight years by capturing the 2017 Continental Cup on Sunday.

A steep-angle double takeout by Winnipeg's Reid Carruthers sealed the deal in the fourth end of his game against Team World's Niklas Edin of Sweden, setting off a wild on-ice celebration with his North American teammates.

> **For a clinching shot like that, it was pretty exciting.**
> Reid Carruthers

The final margin for North America in the race to 30.5 points was 37-23, leaving Team World in the runner-up position yet again — a role it's had to endure since its last victory in 2012 at Langley, B.C.

"Oh, the adrenalin is still running through me, to be honest," said Carruthers, who along with vice-skip Braeden Moskowy, second Derek Samagalski and lead Colin Hodgson would end up winning his skins game against Edin, 3.5-1.5.

"For a clinching shot like that, it was pretty exciting. I knew the bench was going to be going crazy so that's why I looked there first, and the crowd figured it out when we were celebrating so hard. It was pretty cool." THE CANADIAN PRESS

MAKE IT TONIGHT

Elevated Shrimp and Orzo Skillet Dinner

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Pantry staples help elevate this easy shrimp skillet dish featuring a zest sauce with tomatoes and balsamic vinegar.

Ready in 30 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 1 Tbsp (15 ml) olive oil
- 1 onion, diced
- 3 cloves of garlic, minced
- 1/2 tsp (2 ml) dried oregano
- 2 cups (500 ml) vegetable stock
- 1 x 14 oz (414 ml) can of diced tomatoes
- 1/3 cup (80 ml) balsamic vinegar
- salt and pepper
- 1 cup (250 ml) orzo
- 1 lb (450 g) cleaned, deveined shrimp
- big handful of fresh basil, sliced
- 1/2 cup (125 ml) feta, crumbled

Directions

1. In a large skillet, sautée onion and garlic in oil over medium heat until they smell great and soften up. Add the oregano and cook for another minute. Pour in stock, vinegar and tomatoes and taste for seasoning. Add salt and pepper.

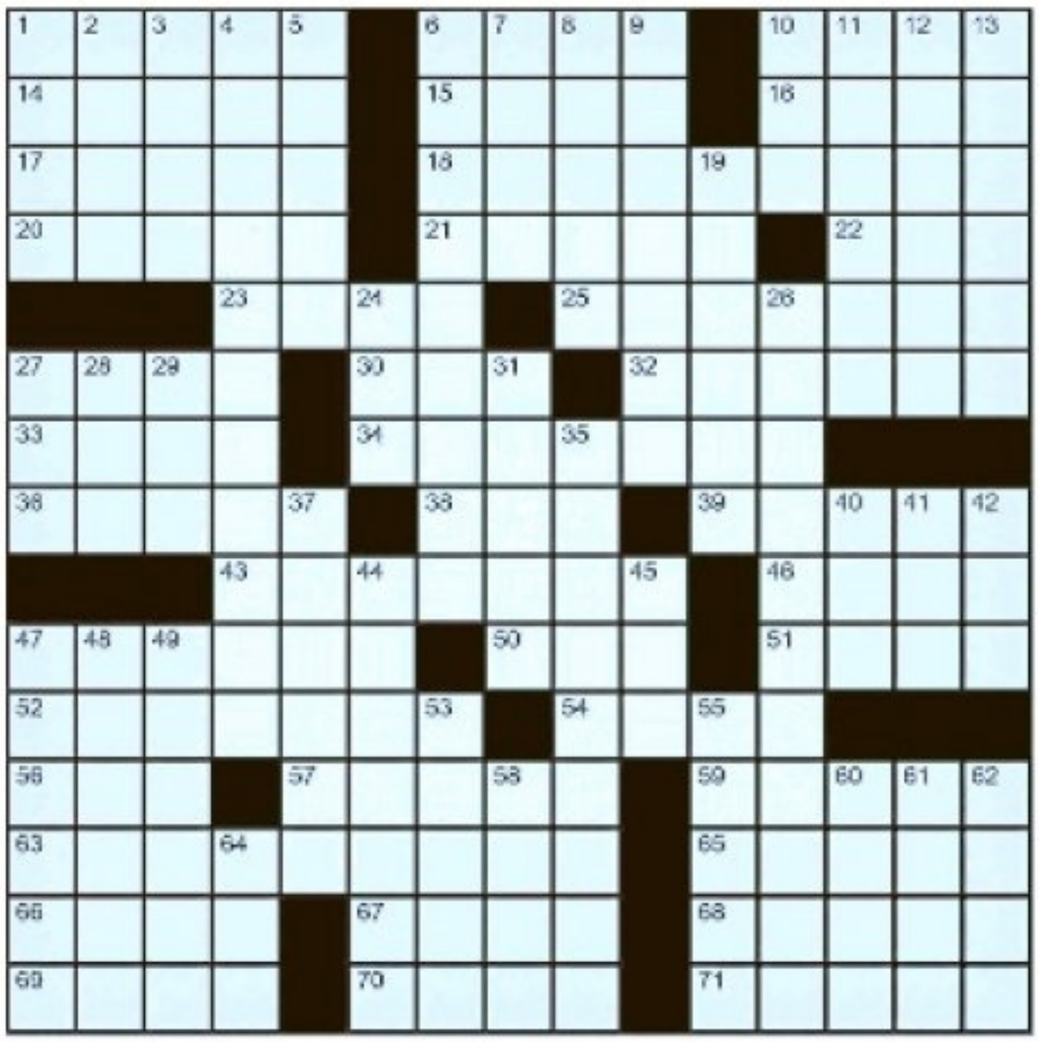
2. Add the orzo and allow everything to simmer for 15 minutes.

3. Drop in your shrimp and cook for another 3 to 5 minutes, or until the shrimp turn pink and opaque. Sprinkle basil and feta over top and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sports car power booster, hip-style
6. 'Demo' suffix (Politician sort)
10. Res __ loquitur (Negligence standard, in law)
14. __ management
15. Comb's comb-ee
16. Bonds
17. Rover
18. Arf! Terrier types
20. Result
21. Boeotian Muse of memory
22. WNW's opposite
23. Canadian literary critic Northrop
25. Country legend Ms. West's
27. Ritzy ride
30. Antiquity
32. Surnamesakes of "The Good, the Bad and the Ugly" (1966) director Sergio
33. Completed
34. Appease the audience
36. Pounds, as hail
38. Not 'their'
39. Powerful tennis shot
43. Sporting dog, English Springer __
46. Peter Gabriel's "In __ Eyes"
47. Give the patrons a better table
50. Rocker Mr. Snider
51. Slaloms
52. From one side only, in law: 2 wds.
54. The Queen, less formally
56. Feathery fashion
57. Ms. Blair
59. "Beverly Hills, 90210" character
63. Speaks to the crowd
65. 'Affirm' suffix (Giving assent)
66. Wed's calendar predecessor
67. The Jackson 5 member
68. Use a landline
69. Gas station name
70. Visible
71. Precept

DOWN
1. Composer's creation
2. Stratford-__-Avon
3. Spinning stats
4. Arctic body of water: 2 wds.
5. Choose a restaurant dish
6. Lizard with many looks
7. "__ Man" (1988) starring Tom Cruise and Dustin Hoffman
8. Showed TV shows
9. Vibration in music
10. "Let's call __ __ day."
11. Board the bus as a bunch: 2 wds.
12. "__ __ Rider" by Eric Burdon & The Animals
13. Evaluate
19. Dissuades
24. "You got it."
26. Canadian design expert whose great-grandfather Conn is an Honoured Member of the Hockey Hall of Fame and also has an NHL trophy named after him: 2 wds.
27. Chop off
28. Beatles: "__ Got a Feeling"
29. Crooner Mr. Torme
31. Stonehenge ritualist
35. Square and Compasses secret member
37. Scant
40. Hunky-dory
41. __ generis (Unique, in Latin)
42. Puny day parts
44. Bears witness
45. Ms. Michele
47. Discount
48. Departure led by Moses in the Old Testament
49. "Ace of __" by Motorhead
53. Vintage dairy products cow
55. Modify
58. Apportion
60. Canadian dollar bird, Common __
61. "Rule, Britannia" composer
62. Moscow nope
64. '70s record label

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is 180 degrees opposite your sign, which means you have to cooperate with others. This is not a big deal. It just requires a little patience and tolerance.

Taurus April 21 - May 21
Today you want to be efficient in everything. This is why you might be impatient with others if they get in your way. Be careful that your impatience doesn't create more problems!

Gemini May 22 - June 21
This is a playful day. You are in touch with your creative vibes. Enjoy sports events, social outings and fun activities with children.

Cancer June 22 - July 23
A conversation with a female family member might be significant today. In any event, you will want to cocoon at home, if possible.

Leo July 24 - Aug. 23
Short trips, conversations with others and a busy to-do list will keep you on the go today. It's a strong day for writers and people in sales, marketing, teaching and acting.

Virgo Aug. 24 - Sept. 23
Avoid disputes about money and cash flow today, because they might arise. Nevertheless, your focus is on financial matters, shopping and earning money.

Libra Sept. 24 - Oct. 23
Today the Moon is in your sign, which gives you a slight advantage over all the other signs. Use this if you can; it happens for two days every month.

Scorpio Oct. 24 - Nov. 22
You might prefer to work alone or behind the scenes today, even though this is a busy time for you. This is an ideal day to catch your breath and get some perspective.

Sagittarius Nov. 23 - Dec. 21
A conversation with a female acquaintance could be important today. Why not share your future goals with this person to get her feedback?

Capricorn Dec. 22 - Jan. 20
Personal details about your private life might become public today, because the Moon is high in your chart. Just go with the flow — you can handle this.

Aquarius Jan. 21 - Feb. 19
Today you want to do something different to break up your routine. That's because you want a little adventure and a chance to learn something new. Good luck!

Pisces
Feb. 20 - March 20
Shared property, taxes, debt, inheritances and insurance issues might be your focus today. Wrap up loose details in these areas, if you can.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	8						3	2
2		4				1		5
3			8	5	2			9
	3						7	
1			5		4			6
5								8
7			1	4	8			3
	1						4	
		8	3	7	9	6		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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3	8	4	5	6	7	2	1	9
9	5	2	1	3	8	4	6	7
6	7	1	4	9	2	5	8	3
2	1	9	7	8	4	3	5	6
4	3	8	2	5	6	9	7	1
5	6	7	9	1	3	8	4	2
7	2	5	6	4	9	1	3	8
1	9	3	8	7	5	6	2	4
8	4	6	3	2	1	7	9	5

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